

**Sample Menu: Week 1**      Center name/site number \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_  
**Menu children 1-12 years\* of age**

Meal Patterns	Day 1 _____ date	Day 2 _____ date	Day 3 _____ date	Day 4 _____ date	Day 5 _____ date
<b>Breakfast</b> <ul style="list-style-type: none"> <li>• Grain/bread</li> <li>• Juice or fruit or vegetable</li> <li>• Milk, Fluid</li> <li>• Other Foods</li> </ul>	Bran Muffin (I)  Mandarin Oranges (A) (C) 1% or Skim Milk	Raisin Bran (I)  Banana Slices (F) 1% or Skim Milk	Egg/Cheese English Muffin (whole wheat) (I)  Orange Wedges (C) (F) 1% or Skim Milk (Egg and Cheese) (extra)	French Toast Sticks  Apricots (A) 1% or Skim Milk	Whole Wheat Toast  Fresh Peach Slices (C) 1% or Skim Milk Scrambled Eggs (I) (extra)
<b>AM Snack</b> (Select two of these four components) <ul style="list-style-type: none"> <li>• Milk, fluid</li> <li>• Juice or fruit or vegetable</li> <li>• Grain/bread</li> <li>• Meat or meat alternate</li> </ul>	Water (extra)  Grapes (F)  Triscuit Crackers	Apple Juice (C-if fortified)  <u>Paint A Face</u> (N) (Tortilla w/Peanut Butter, Cereal, Raisins)	Cherry Juicy Juice (C)  Soft Pretzel (I)	1% or Skim Milk  Baked Potato Wedges (C)  Shredded Cheese	Water (extra)  <u>Banana Stack</u> (N) (Banana Slices (F), Ritz Crackers, Peanut Butter)
<b>Lunch</b> <ul style="list-style-type: none"> <li>• Meat or meat alternate</li> <li>• Vegetable or fruit</li> <li>• 2<sup>nd</sup> Vegetable or fruit</li> <li>• Grain/bread</li> <li>• Milk, fluid</li> <li>• Other Foods</li> </ul>	Goulash (I) (HM) (Hamburger & Macaroni) Carrots (A) Red/Green Apple Slices (F) w/ Cinnamon Sprinkle Garlic Toast  1% or Skim Milk	Bean Burritos (B) (I)  Shredded Lettuce (F) Chopped Tomato (F) (C) Guacamole (F) Whole Grain Tortilla  1% or Skim Milk	Teriyaki Chicken (I)  Honeydew (C) (S) (F) Summer Squash (C) (S)  Brown/White Rice Mix  1% or Skim Milk	Tuna Salad  Fresh Spinach Salad (A) (C) (F) (I) Cantaloupe (A) (C) (F) (S) Whole Grain Pita Bread (I)  1% or Skim Milk	Ham (I) and Bean Soup (HM) Watermelon (A) (C) (F) (S) Celery Sticks (F) Cauliflowerettes (F) (C) Whole Grain Corn Muffin 1% or Skim Milk
<b>PM Snack</b> (Select two of these four components) <ul style="list-style-type: none"> <li>• Milk, fluid</li> <li>• Juice or fruit or vegetable</li> <li>• Grain/bread</li> <li>• Meat or meat alternate</li> </ul>	1% or Skim Milk  Peanut Butter Cookies (HM) (made with half whole wheat flour)	Water (extra)  Broccoli Trees (A) (C) (F) Red (A) and Green Pepper Slices (F)  Cottage Cheese Dip	1% or Skim Milk  <u>Three-bean Salad</u> (N) (Kidney Beans Wax Beans, Green Beans) (B) (I)	Water (extra)  <u>Fruit Kabobs</u> (N) (Kiwi, Grapes, Banana) (C) (F)  Cheese Fingers	1% or Skim Milk  Pumpkin Bar (HM)

Use these codes: (N) Nutrition activity, (A) Vitamin A food, (B) Cooked dried beans or peas, (C) Vitamin C food, (I) Iron food source (S) Seasonal Food (F) Fresh (HM) Homemade  
 \*Toddlers, 1-2 years of age should receive whole milk and children up to age 4 may require texture modification or substitutions of some foods to avoid choking.  
 Food-related book(s) to read:

# Sample Menu: Week 2

Center name/site number \_\_\_\_\_ Month \_\_\_\_\_

Year \_\_\_\_\_

Menu children 1-12 years\* of age

Meal Patterns	Day 1 _____ date	Day 2 _____ date	Day 3 _____ date	Day 4 _____ date	Day 5 _____ date
<b>Breakfast</b> <ul style="list-style-type: none"> <li>Grain/bread</li> <li>Juice or fruit or vegetable</li> <li>Milk, Fluid</li> <li>Other Foods</li> </ul>	English Muffin  Kiwi (C) (F) (S)  1% or Skim Milk	Cinnamon/Raisin Toast  Fruit Punch-Juicy Juice (C)  1% or Skim Milk	Total Cereal (A) (C) (I)  Banana (F)  1% or Skim Milk	Waffle  Cantaloupe (A) (C) (F) (S)  1% or Skim Milk	Wheaties (I)  Strawberries (C) (F) (S)  1% or Skim Milk
<b>AM Snack</b> (Select two of these four components) <ul style="list-style-type: none"> <li>Milk, fluid</li> <li>Juice or fruit or vegetable</li> <li>Grain/bread</li> <li>Meat or meat alternate</li> </ul>	1% or Skim Chocolate Milk  Graham Crackers	Water (extra)  Plum Slices (F) (A) Strawberries (F) (C) (S)  Blueberry Muffin (HM)	Water (extra)  <u>Salad in a bag</u> (N) (Lettuce, tomato, carrot, broccoli, cucumbers) (A) (C) (F) Breadstick	Water (extra)  Salsa  Whole Wheat Tortilla  Scrambled Eggs (I)	Water (extra)  <u>Banana Dog</u> (N) (½ Banana (F),  ½ Whole Wheat Bun,  Peanut Butter)
<b>Lunch</b> <ul style="list-style-type: none"> <li>Meat or meat alternate</li> <li>Vegetable or fruit</li> <li>2<sup>nd</sup> Vegetable or fruit</li> <li>Grain/bread</li> <li>Milk, fluid</li> <li>Other Foods</li> </ul>	Chicken Taco (I) (shredded chicken) Refried Beans (B) (I) Shredded Lettuce and Chopped Tomato (F) (C) Corn or Whole Grain Wheat Tortilla 1% or Skim Milk	Baked Fish Sticks & Cheese Slice Oven Fried Sweet Potatoes (A)  Cabbage Salad(C)  Whole Wheat Roll  1% or Skim Milk	Ham Slice (I) Macaroni and Cheese (HM) Mixed Vegetables Pears (Macaroni, Half Whole Grain) 1% or Skim Milk	Chili (HM) (B) (I) (hamburger, beans & tomato) Carrot Sticks (A) (F) Celery Sticks (F) Fresh Pear Slices (C) (F) Crackers  1% or Skim Milk	Egg Salad (I)  Apricot Halves(A) Jicama Sticks (F) Green Beans (C) Whole Grain Pita Bread (I) 1% or Skim Milk
<b>PM Snack</b> (Select two of these four components) <ul style="list-style-type: none"> <li>Milk, fluid</li> <li>Juice or fruit or vegetable</li> <li>Grain/bread</li> <li>Meat or meat alternate</li> </ul>	Grape Juice (C-if fortified)  Deviled Egg (I)	Water (extra)  Warm Whole Grain Pita Wedges (I) Hummus (B) (I)	Water (extra)  Fresh Pineapple (C) (F)  Wheat Crackers	Water (extra)  <u>Merry-Go-Round</u> (N) (Apple-Circle Slice (F), Animal Crackers  Peanut Butter)	1% or Skim Milk  Oatmeal Cookie (HM)

Use these codes: (N) Nutrition activity, (A) Vitamin A food, (B) Cooked dried beans or peas, (C) Vitamin C food, (I) Iron food source (S) Seasonal food (F) Fresh (HM) Homemade

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Food-related book(s) to read:

**Sample Menu: Week 3** Center name/site number \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_  
**Menu children 1-12 years\* of age**

Meal Patterns	Day 1 _____ date	Day 2 _____ date	Day 3 _____ date	Day 4 _____ date	Day 5 _____ date
<b>Breakfast</b> <ul style="list-style-type: none"> <li>Grain/bread</li> <li>Juice or fruit or vegetable</li> <li>Milk, Fluid</li> <li>Other Foods</li> </ul>	Whole Wheat Toast  Peaches  1% or Skim Milk	Cheerios (I)  Blueberries (C) (S)  1% or Skim Milk	Whole Grain Bagel (I) w/ cream cheese Berry Juicy Juice (C)  1% or Skim Milk	Oatmeal  Banana (F)  1% or Skim Milk	Baked Donut Holes (HM)  Nectarines (A) (C) (F)  1% or Skim Milk
<b>AM Snack</b> (Select two of these four components) <ul style="list-style-type: none"> <li>Milk, fluid</li> <li>Juice or fruit or vegetable</li> <li>Grain/bread</li> <li>Meat or meat alternate</li> </ul>	Water (extra)  Quesadillas (Whole Grain Tortilla) Melted Cheese Refried Beans (B) (I)	Water (extra)  Animal Crackers  Yogurt	1% or Skim Milk  Cinnamon-Sugar Whole Wheat Toast	Water (extra)  <u>Bear-Go-Rounds</u> (N) (Apple Rings, (F) Graham bears, Cream Cheese (extra))	1% or Skim Milk  Raisin Bran Muffin (I)
<b>Lunch</b> <ul style="list-style-type: none"> <li>Meat or meat alternate</li> <li>Vegetable or fruit</li> <li>2<sup>nd</sup> Vegetable or fruit</li> <li>Grain/bread</li> <li>Milk, fluid</li> <li>Other Foods</li> </ul>	Spaghetti (HM) (I) (ground turkey) Broccoli (A) (C) Apricots (A) Whole Grain Pasta 1% or Skim Milk	Turkey Mini Sub (I) (shaved turkey, lettuce, tomato, cheese) Pear Slices (F) Orange Smiles (C) (F) (S) Half Hoagie Bun 1% or Skim Milk	Taco Salad (B) (I) (hamburger, black beans cheese, tomatoes, Romaine lettuce) Mexican Corn Mango (A) (C) (F) (S) Whole Grain Taco Chips 1% or Skim Milk	BBQ Chicken Legs (I) Peas and Carrots (A) Winter Squash (A) (S) Whole Grain Corn Bread Squares (HM) 1% or Skim Milk	Cheeseburger (I) Baked Beans (B) (I) Watermelon (A) (C) (F) (S) Lettuce Leaf (F) Tomato Slices (F) (C) Whole Grain Bun 1% or Skim Milk
<b>PM Snack</b> (Select two of these four components) <ul style="list-style-type: none"> <li>Milk, fluid</li> <li>Juice or fruit or vegetable</li> <li>Grain/bread</li> <li>Meat or meat alternate</li> </ul>	Water (extra)  Tangerine (C) (F) (S) Zucchini or Banana Bread Bread (made with half whole wheat flour) (HM)	Water (extra)  <u>Mouse Faces</u> (N) (Raisins-Eyes, Apple-Smile (F), Banana-Nose (F), Carrot Coins-Ears (A) (F) Tortillas, Peanut Butter)	Water (extra)  Whole Wheat Crackers Ham (I) & Cheese Cubes	Water (extra)  Grapes (F) Kiwi Wedges (F) (C) Mini Bagel (I)	Tomato Juice (A) (C) Fish Crackers

Use these codes: (N) Nutrition activity, (A) Vitamin A food, (B) Cooked dried beans or peas, (C) Vitamin C food, (I) Iron food source (S) Seasonal food (F) Fresh (HM) Homemade

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Food-related book(s) to read:

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